



# Sweet Potato and Apple Bake

**Servings:** 6

**Serving Size:** 3/4 cup

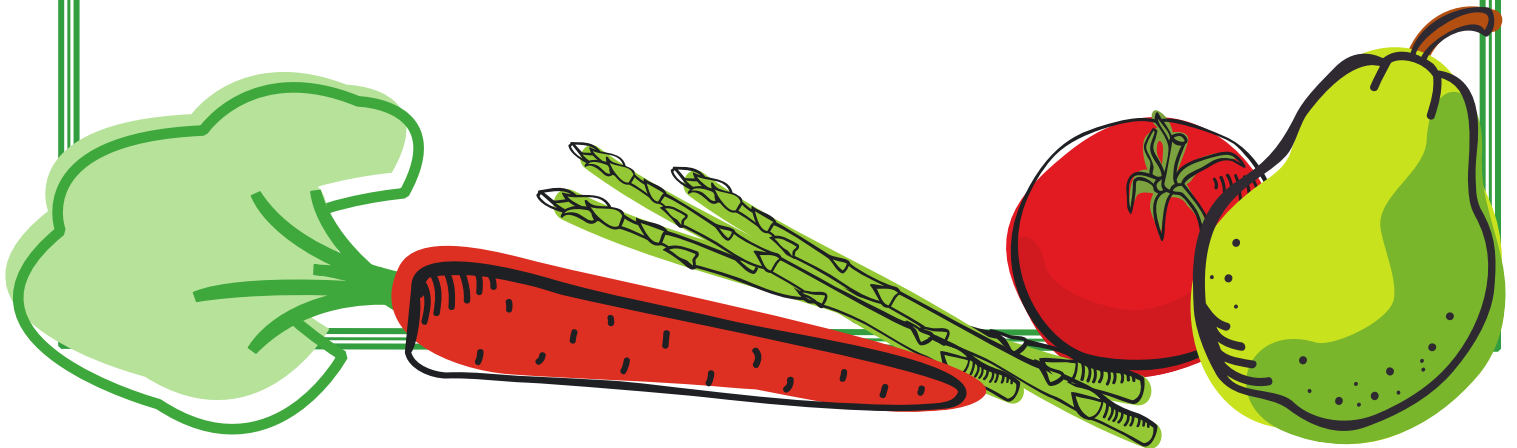
**Ingredients:**

- 2 (15 ounce) cans sweet potatoes, drained, save 2 Tablespoons of the liquid
- 2 apples, washed, peeled, cored, and cut into bite sizes pieces
- 2 Tablespoons brown sugar
- 1/3 cup chopped pecans
- 2 Tablespoons flour
- 2 Tablespoons melted butter

**Directions:**

1. Preheat oven to 350 degrees.
2. Put sweet potatoes in a baking dish.
3. Add apples.
4. Pour 2 Tablespoons of the sweet potato liquid over the mixture.
5. Mix the brown sugar, pecans, flour, and melted butter together in a small bowl.
6. Sprinkle over the top of the sweet potato/apple mix.
7. Bake for 20 to 30 minutes, until the top is golden brown and bubbly.

Nutrition Facts	
Serving Size 3/4 cup	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 280</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 60mg</b>	<b>3%</b>
<b>Total Carbohydrate 49g</b>	<b>16%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 17g	
<b>Protein 3g</b>	
Vitamin A 260%	• Vitamin C 30%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



For more recipes: [www.eatsmart.umd.edu](http://www.eatsmart.umd.edu)

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